WHAT IS CLAIMED IS:

1. A method for inhibiting the development of drug-induced insulin resistance comprising:

administering a dietary chromium complex to an individual receiving a contemporaneous dose of a drug that induces insulin resistance, wherein the amount of chromium complex administered is an amount effective to inhibit the development of insulin resistance.

2. The method of Claim 1, wherein said drug is selected from the group consisting of statins, non-steroidal anti-inflammatory drugs, steroids, oral contraceptives, hormone replacement therapy, beta blockers, potassium channel openers, immuno-suppressants, and diuretics.

3. The method of Claim 1, wherein the effective dose of chromium provided by said chromium complex is at least about 50 μg per day.

4. The method of Claim 1, wherein said chromium complex is a trivalent chromium complex.

5. The method of Claim 1, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

6. The method of Claim 1, wherein said chromium complex is in a pharmaceutically acceptable carrier.

7. The method of Claim 1, wherein said chromium complex is orally administered.

8. The method of Claim 1, wherein said chromium complex is parenterally administered.

9. The method of Claim 1, further comprising administering to said individual a chelating agent.

10. The method of Claim 9, wherein the ratio of the chromium complex to the chelating agent is between about 10:1 to about 1:10 (w/w).

11. The method of Claim 9, wherein said chelating agent is picolinic acid, nicotinic acid, or a combination of both picolinic acid and nicotinic acid.

12. The method of Claim 1, wherein said chromium complex and said drug that induces insulin resistance are administered simultaneously.

13. The method of Claim 1, wherein said chromium complex is administered is administered within 24 hours of said drug that induces insulin resistance.

14. The method of Claim 1, further comprising administering to said individual an effective dose of a hypoglycemic drug selected from the group consisting of metformin, sulfonylureas, and glitazones.

15. A composition comprising an effective pharmacological amount of a beta blocker drug in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

16. The composition of Claim 15, wherein said beta blocker is selected from the group consisting of acebutolol, atenolol, betaxolol, bucinodol, carteolol, labetalol, metoprolol, nadolol, penbutolol, pindolol, propanolol, and timolol.

17. The composition of Claim 15, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

18. The composition of Claim 15, wherein said sufficient amount of chromium provided by said chromium complex is at least about 50 μg.

19. A composition comprising an effective pharmacological amount of a contraceptive drug in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

20. The composition of Claim 19, wherein said contraceptive drug is selected from the group consisting of estrogen, progesterone, progestin, levonorgestrel, etonogestrel, nomegestrol acetate, and nestorone.

21. The composition of Claim 19, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

22. The composition of Claim 19, wherein said sufficient amount of chromium provided by said chromium complex is at least about 50 μg.

23. A composition comprising an effective pharmacological amount of a statin drug in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

24. The composition of Claim 23, wherein said statin drug is selected from the group consisting of simvastatin, cerivastatin, pravastatin, atorvastatin, fluvastatin, and lovastatin.

25. The composition of Claim 23, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

26. The composition of Claim 23, wherein said sufficient amount of chromium provided by said chromium complex is at least about 50 μg.

27. A composition comprising an effective pharmacological amount of a non-steroidal anti-inflammatory drug in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

28. The composition of Claim 27, wherein said non-steroid anti-inflammatory drug is selected from the group consisting of cimicifuga, choline, salicylate-magnesium salicylate, diclofenac sodium, diclofenac potassium, diflunisal, etodolac, fenoprofen calcium, floctafenine, flurbiprofen, ibuprofen, indomethacin, ketoprofen, ketorolac tromethamine, magnesium salicylate, mefenamic acid, nabumetone, naproxen, naproxen sodium, oxyphenbutazone, phenylbutazone, piroxicam, salsalate, sodium salicylate, sulindac, tenoxicam, taiprofenic acid, and tolmetin sodium.

29. The composition of Claim 27, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

30. The composition of Claim 27, wherein said sufficient amount of chromium provided by said chromium complex is at least about 50 μg.

31. A composition comprising an effective pharmacological amount of a steroid drug in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

32. The composition of Claim 31, wherein said steroid is selected from the group consisting of hydrocortisone, dexamethasone, and methylprednisolone.

33. The composition of Claim 31, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

34. The composition of Claim 31, wherein said sufficient amount of chromium provided by said chromium complex is at least about 50 μg.

35. A composition comprising an effective pharmacological amount of a potassium channel opener in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

36. The composition of Claim 35, wherein said potassium channel opener is nicorandil.

37. The composition of Claim 35, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

38. The composition of Claim 35, wherein said sufficient amount of chromium provided by said chromium complex is at least about 50 μg.

39. A composition comprising an effective pharmacological amount of a diuretic in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

40. The composition of Claim 39, wherein said diuretic is selected from the group consisting of hydrochlorothiazide, chlorthalidone, chlorothiazide, indapamide, metolazone, amiloride, spironolactone, triamterene, furosemide, bumetanide, ethacrynic acid, and torsemide.

41. The composition of Claim 39, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

42. The composition of Claim 39, wherein said sufficient amount of chromium provided by said chromium complex is between about 50 μg.

43. A composition comprising an effective pharmacological amount of a hormone replacement therapy drug in combination with a sufficient amount of a chromium complex to inhibit the onset of insulin resistance.

44. The composition of Claim 43, wherein said hormone replacement therapy drug is selected from the group consisting of conjugated equine estrogens, esterified estrogens, estradiol, estrone, synthetic conjugated estrogens, estropipate, estropipate, ethinyl estradiol, norethindrone, medroxyprogesterone acetate, progestin, natural progesterone, tamoxifen, testosterone, and raloxifene.

45. The composition of Claim 43, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

46. The composition of Claim 43, wherein said sufficient amount of chromium provided by said chromium complex is between about 50 μg.

47. A method for inhibiting the development of a secondary disease resulting from insulin resistance that comprises:

administering a dietary chromium complex to an individual receiving a contemporaneous dose of a drug that induces insulin resistance, wherein the amount of chromium complex administered is an amount effective to inhibit the development of insulin resistance.

48. The method of Claim 47, wherein the secondary disease is selected from the group consisting of atherosclerosis, hypertension, endothelial dysfunction, microalbuminuria, obesity, dyslipidemia, diabetes mellitus, depression, Syndrome X, polycystic ovary syndrome, diabetic nephropathy, diabetic neuropathy, and diabetic retinopathy.

49. The method of Claim 48, wherein said chromium complex is selected from the group consisting of chromium picolinate, chromic tripicolinate, chromium nicotinate, chromic polynicotinate, chromium chloride, chromium histidinate, and chromium yeasts.

50. The composition of Claim 49, wherein said sufficient amount of chromium provided by said chromium complex is between about 50 μg.